



Save More. Live Better.

With the ChooseHealthy® program, offered by your health plan, you can save more on wellness products and services—and discover new ways to live better every day.

The program allows you to:

- Get discounts from 10% to 50% on popular health and fitness brands
- Enroll in the Active&Fit Direct™ program and find a gym or exercise studio, stay active at home with on-demand workouts, and more for **\$25 a month*** (see reverse for details)
- Save 25% on services from specialty health care practitioners
- Learn from evidence-based, online health classes and articles offered at no extra cost



The Active&Fit Direct program gives you access to **11,600+ gyms, 7,600+ on-demand workout videos**, the option to enroll your spouse/domestic partner,** and more, so you can get fit at the gym or at home. No long-term contracts!



Learn more or access these services by visiting your personal member website, Member Dashboard, at modahealth.com/memberdashboard and click ChooseHealthy.

*Plus an enrollment fee and applicable taxes. Fees will vary based on fitness center selection.

**Add a spouse/domestic partner to a primary membership for additional monthly fees. Spouses/domestic partners must be 18 years or older. Fees will vary based on fitness center selection.

The ChooseHealthy program is not insurance. It does not meet minimum creditable coverage requirements under the Affordable Care Act or other state law. You get discounts from participating specialty health care providers when your sponsoring organization's plan includes this feature. You must pay for all services from participating providers. Discounts will vary by type of provider and services received. The ChooseHealthy program does not make any payments to participating providers. Check any insurance benefits you have before using this discount program. Those benefits may result in lower costs to you. The ChooseHealthy program has no liability for the quality of services rendered, and it does not guarantee services or products. Discounts on products and services available through the ChooseHealthy program are subject to change. Before you enroll in ChooseHealthy, you can check currently available products and participating providers through the ChooseHealthy link on your sponsoring organizations' website. Once enrolled with ChooseHealthy, you may login directly at ChooseHealthy.com to see the same information. Not all provider types may be available in all states. You may unenroll or cancel at any time. Refunds do not apply because your sponsoring organization provides the ChooseHealthy program to you at no cost.

The Active&Fit Direct program is provided by American Specialty Health Fitness Inc., a subsidiary of American Specialty Health. The ChooseHealthy program is provided by American Specialty Health Group Inc. and ASH Technologies Inc. (dba ASH Technologies of Delaware Inc. in the state of Pennsylvania); all are subsidiaries of American Specialty Health Incorporated (ASH). ASH is an independent specialty health organization, offering musculoskeletal health provider networks and programs, fitness center networks and programs, and well-being solutions on behalf of health plans, employers, and other clients. Not all services may be available in all areas, and the program may be changed (including monthly and enrollment fees and/or the introductory period) or discontinued at any time.

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